

# Fiesta Mexican Lasagna

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Starchy, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-62r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		2 1/2 Tbsp		1/4 cup 1 Tbsp	<div>1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1").</div>
*Fresh green bell peppers, diced	5 oz	3/4 cup	10 oz	1 1/2 cups	
Canned low-sodium corn, drained, rinsed	1 lb 8 oz	3 1/4 cups (1/3 No. 10 can)	3 lb	1 qt 2 1/2 cups (2/3 No. 10 can)	
*Fresh onions, diced	1 lb 8 oz	1 qt 3/4 cups	3 lb	2 qt 1 3/8 cups	<div>2. Roast uncovered until lightly brown around the edges:</div>
*Fresh butternut squash, peeled, cubed 1/2"	1 lb 12 oz	1 qt 3 1/2 cup	3 lb 8 oz	3 qt 3 cups	<div>3. Place squash in perforated steam table pan (12" x 20" x 2 1/2") and steam for 15 minutes or until tender. .</div> <div>4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5.</div>

Ground oregano		2 tsp		1 Tbsp 1 tsp	
Ground cumin		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Chili powder		2 tsp		1 Tbsp 1 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	<b>5.</b> Lightly coat nonstick pan with pan release spray. Saute remaining onions with oregano, cumin, garlic, chili powder, paprika and salt, for 5 minutes until soft.
Canned low-sodium black beans, drained, rinsed	4 lb 4 oz	1 qt 3 2/3 cups (1 1/8 No. 10 cans)	8 lb 8 oz	3 qt 3 1/3 cups (2 1/4 No. 10 cans)	<b>6.</b> Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother:
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	4 lb 4 oz	1 qt 3 2/3 cups	8 lb 8 oz	3 qt 3 1/3 cups	
Canned low-sodium meatless spaghetti sauce	2 lb 12 oz	1 qt 1 cup (1/2 No. 10 can)	5 lb 8 oz	2 qt 2 cups (1 No. 10 can)	<b>7.</b> Combine spaghetti sauce and salsa. Set aside

Low-sodium tortilla chips

1 lb 8 oz

About 265 chips

3 lb

About 530 chips

**8.** For 25 servings, crumble 8 oz tortilla chips for topping. Reserve remaining 1 lb whole tortilla chips for lasagna layers. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.

**9.** ASSEMBLY: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. FIRST LAYER: a. 1 qt ¼ cup sauce SECOND LAYER: a. 8 oz whole chips (about 85 chips), slightly overlapping

**10.** Tightly cover pans

**11.** Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes.

**12.** Remove from oven. Uncover. Allow to set for 15 minutes before serving.

**13.** Critical Control Point: Hold at 135 °F or higher.

**14.** Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

Notes

## **Our Story**

At the Ithaca City School District in picturesque Ithaca in upstate New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

For its entry in the Recipes for Healthy Kids Competition, the team worked to create Fiesta Mexican Lasagna and conducted numerous taste tests with students. This hearty main dish features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your kids wanting more!

## **Ithaca City School District**

Ithaca, New York

## **School Team Members**

**School Nutrition Professional:** Denise Agati (Food Service Director)

**Chef:** Wynnne Stein (Chef, Moosewood Restaurant)

**Community Members:** Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

**Students:** Alyia C. and Josie W. (Middle School Students)

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

### **SOAKING BEANS**

**OVERNIGHT METHOD:** Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**QUICK-SOAK METHOD:** Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

### **COOKING BEANS**

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

One piece provides:

**Legume as Vegetable:** 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

OR

**Legume as Meat Alternate:** 1 oz equivalent meat alternate, 3/8 cup red/orange vegetable, 1/8 cup starchy vegetable, ¼ cup other vegetable, and 3/4 oz equivalent grains

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Green bell peppers	8 oz	1 lb
Mature onions	1 lb 12 oz	3 lb 8 oz
Butternut squash	2 lb 4 oz	4 lb 8 oz
Dry black beans	1 lb 6 oz	2 lb 12 oz

Serving	Yield	Volume
1 piece provides: Legume as Meat Alternate: 1 oz equivalent meat alternate, 3/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains.	<b>25 Servings:</b> about 18 lb  <b>50 Servings:</b> about 36 lb	<b>25 Servings:</b> 1 steam table pan  <b>50 Servings:</b> 2 steam table pans

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Nutrients Per Serving					
Calories	263.63	Saturated Fat	0.51 g	Iron	2.35 mg
Protein	8.71 g	Cholesterol	1 mg	Calcium	120.21 mg
Carbohydrate	52.16 g	Vitamin A	3768.71 IU	Sodium	425.06 mg
Total Fat	4.09 g	Vitamin C	15.61 mg	Dietary Fiber	9.37 g